

Squish Squash Lasagna

Prep time: 30 minutes

Cook time: 1 hour, 35 minutes

Makes: 6 Servings

This savory recipe is made with a slightly sweet tomato sauce deliciously tucked between layers of whole-wheat lasagna noodles, butternut squash, and spinach, all nestled under part-skim mozzarella cheese.

Ingredients

- 1/4 teaspoon** canola oil
- 3/4 cup** Fresh onions, peeled, diced
- 2 teaspoons** Fresh garlic, minced
- 1 1/2 cups** Canned low-sodium diced tomatoes
- 1/4 teaspoon** dried oregano
- 1/4 teaspoon** dried thyme
- 1/4 teaspoon** dried basil
- 8** Whole-wheat lasagna sheets, no boil, 3 1/2" x 7" sheets
- 1 1/4 cups** Fresh spinach, julienne cut "shoestring strips" 1/8"
- 1** Fresh medium butternut squash, peeled, seeded, sliced 1/4" (1 medium)
- 3/4 cup** Low-fat mozzarella cheese, low moisture, part skim, shredded (3 oz)

Directions

1. Preheat oven to 350 °F.
2. Heat canola oil in a medium pot over medium-high heat. Add onions, and garlic. Cook for 2-3 minutes or until tender. Add tomatoes, oregano, thyme, and basil. Reduce heat to low and simmer, uncovered, for 30 minutes, stirring occasionally. Add 1/2 cup water. Mix well.
3. Divide sauce into 3 equal parts (about 3/4 cup each) and set aside for step 6.
4. Place pasta sheets in a bowl filled with hot water for 5 minutes. Remove sheets as needed to assemble



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	175	
Total Fat	4 g	
Protein	8 g	
Carbohydrates	29 g	
Dietary Fiber	5 g	
Saturated Fat	2 g	
Sodium	83 mg	

MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 ounce
Dairy	1/2 cup

lasagna.

5. Spray bottom and sides of an 8" x 8" nonstick baking pan with nonstick cooking spray.

6. To Assemble:

a. Place 4 lasagna sheets overlapping, covering the bottom of the pan

b. Cover evenly with about $\frac{3}{4}$ cup tomato sauce

c. Spread half of the spinach (about $\frac{3}{4}$ cup) evenly over sauce

d. Place 11 slices of squash on top of spinach, slightly overlapping

e. Repeat layering steps a-d

f. Cover with remaining sauce (about $\frac{3}{4}$ cup)

Cover tightly with aluminum foil and bake at 350 °F for 50 minutes or until squash is fork-tender.

7. Remove lasagna from oven. Sprinkle cheese evenly over top.

8. Bake uncovered for 5 minutes or until cheese melts and browns slightly.

9. Remove lasagna from oven and allow to rest for 15 minutes before serving.

10. Cut into 6 even pieces. Serve hot.

Notes

Our Story

The team from Liberty Elementary School wanted to create a tasty recipe that would be enjoyed by kids. They started the recipe development process by sending survey questions to students in 4th and 5th grades. With feedback from students, they developed Squish Squash Lasagna.

This tantalizing dish features butternut squash, a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin that children are sure to enjoy. After sampling the Squish Squash Lasagna recipe, many students returned for second helpings. That's when the team knew that the Squish Squash Lasagna recipe was a hit. Give your kids some excitement by serving this mouthwatering main dish at mealtime!

Liberty Elementary School

Powell, Ohio

School Team Members

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Recipes for Healthy Kids Cookbook for Homes